



MIRC Family Programs Newsletter

This newsletter contains official information

Volume 1, Issue 4, October 2014



Commander's Corner



After a very busy and exciting summer Annual Training Period, I can report back that the MIRC continues to grow and shape our future in a very positive way. I had the opportunity to visit many of our Soldiers, Civilians and Families across the country over the last few months and am impressed by their dedication to making the MIRC the best command within the Army Reserve. I would also like to officially welcome CSM James Lambert and his wife Denise to the MIRC Family. CSM Lambert comes directly from Afghanistan where he was the Senior Enlisted Advisor for the 1st Sustainment command. Both he and

Denise have been associated with the Army Reserve for close to 30 years and I know they are eager to meet and grow our MIRC Family in the future.

As I mentioned in the last newsletter, the 505th MI Brigade based in San Antonio, Texas will begin its stand up in the next month. Our active duty partners in ARNORTH and NORTHCOM have recognized the tremendous value our Soldiers can bring to the table and are chomping at the bit to get started. This will be the beginning of a new era in Army Reserve intelligence capability and all of our partners, Soldiers, Civilians and Families will play a very important role in its success.

Recently, CSM Lambert and I, along with our spouses, attended a Comprehensive Soldier and Family Fitness (CSF2) Executive Level Resilience Course here at Fort Belvoir. The course discussed many things but the overarching message is that all of us have to work together to maintain a healthy mental, physical and spiritual attitude and lifestyle in order to achieve successful family and career goals. The course discussed a variety of techniques and activities we can all engage in to keep us focused on what's important in our lives. I encourage all command teams to take a look at what they're doing regarding CSF2 and incorporate that into their training and family activities.

In conclusion, I just want to say thank you to all of our MIRC Family for what they do every day. The MIRC is an integral part of the Army Reserve Family and the Army Intelligence Enterprise. This is due to the tremendous dedication of our Soldiers, Civilians, and Families who care about each other and our Nation. Thank you again and I look forward to meeting more of you as we move into a new era in the MIRC.

Inside this issue:

Commander's Corner	1
CSM's Welcome	2
Chaplain's Message	3
Family Programs Information	4-5
CYSS Information	6-7
Halloween Safety	8
Resources	9

Chain of Command Leadership

CDR
BG Gabriel Troiano

DCO
COL Stephen E. Zarbo

CCWO
Vacant

CSM
CSM James Lambert





The MIRC Welcomes CSM Lambert



Command Sergeant Major James Lambert assumed the duties as Command Sergeant Major for the Military Intelligence Readiness Command on 12 July 2014. A 30-year veteran of the Army Reserve, he enlisted 13 December 1983. In his previous position, he was the Sergeant Major for the 1st Sustainment Command (Theater) – Operational Command Post (OCP) in Afghanistan.

CSM Lambert has served in a variety of positions in the active guard and reserve program since July 1986. His key NCO assignments include: Command Sergeant Major (Interim), Office of the Chief Army Reserve; Command Sergeant Major, 377th Theater Sustainment Command; Command Sergeant Major, 3rd Medical Command (Deployment Support); Command Sergeant Major, 801st Combat Support Hospital; Branch Chief, US Army Sergeants Major Academy; First Sergeant, 303rd AG Company (Postal); Operations Sergeant, 100th Division (IT); Small Group Leader, USA NCO Academy, Ft McCoy, WI; and Inspector General NCO, 70th Regional Support Command. His military campaigns include Operation Desert Shield, Operation Desert Storm, and Operation Enduring Freedom.

CSM Lambert's significant military education includes the US Army Inspector General Course, Battle Staff NCO Course, Total Army Instructor Training Course, Small Group Leader Course, Master Fitness Trainer Course, First Sergeants Course, US Army Sergeants Major Course, Command Sergeants Major Course, Reserve Component-National Security Course, Senior Enlisted Joint Professional Military Education Course, and the Keystone Course.

CSM Lambert received his Associate of Applied Science Degree in General Studies from Vincennes University, Vincennes, IN and his Bachelor of Science in Liberal Arts from Excelsior College, Albany, NY.

CSM Lambert's awards and decorations include the Legion of Merit (3rd Award), Bronze Star Medal, Meritorious Service Medal (7th Award), Army Commendation Medal (6th Award), Army Achievement Medal (7th Award), Army Good Conduct Medal (9th Award), National Defense Service Medal (2nd Award), Southwest Asia Service Medal (with 3 Bronze Stars), Afghanistan Campaign Medal (with 1 Bronze Star), Global War on Terrorism Service Medal, Armed Forces Reserve Medal (3rd Award with M Device and Numeral 2), NCO Professional Development Ribbon (with Numeral 4), Army Service Ribbon, Overseas Service Ribbon, NATO Medal, Kuwait Liberation Medal-Saudi Arabia, Kuwait Liberation Medal-Government of Kuwait, Army Staff Identification Badge, and Driver's Badge.

CSM Lambert has enjoyed 29 years of marriage with his wife, Denise. They have two daughters.

Chaplain's Message "Just Say Yes"

By CH (LTC) Randy Fannin



In July of 1999, I received a call from the supervisor of Volunteer Resources at our hospital asking if we could use some help in the chaplain's office. She had interviewed a young man who, two weeks before his 1996 High School graduation, had suffered a near fatal stroke while lifting weights. Initially, the young student athlete battled pneumonia and meningitis. Three times the doctors told his family he would not live. Each time, he proved them wrong. Nevertheless, as a result, he could not walk, could not see, and could barely talk intelligibly. During a family meeting that summer, his parents had to decide which one of them would retire early to take care of their youngest son, Rob. As Dad was already near retirement, they decided that Mom, Sheila, would continue working with Proctor and Gamble and Dad would give notice to the U.S. Treasury.

Can you imagine caring for a 6'5 adult 24/7 who can do little to help himself? How about being the young man himself, who had plans for his future? Rob didn't want to live a life without meaning, and his parents didn't want that for him either. Since he was cared for at our hospital, that's where he wanted to start . . . as a volunteer . . . if someone would give him a chance. With the assurance that Dad Bob would always work with Rob, I said, "Yes."

The next decade would be one of the most inspiring of my life. In addition to serving as an Army Reserve Chaplain, deploying to both Iraq and Afghanistan, I had the awesome pleasure of getting to work with the Conners. Wheelchair bound, Rob, with the assistance of his Dad, Bob, visited people on our rehab unit a couple of days a month, offering encouragement and hope to countless patients and family members who were grappling with the rigors of recovery and the uncertainty of what might lie ahead. Everyone loved Rob!

Though seemingly trapped inside a giant body that didn't always cooperate with his desires, Rob still thrived for life, and told his parents that in addition to volunteering, he still wanted to go to college. What would you say? Knowing that it would mean that he too would have to go to every class, take all the notes, and help with every assignment and test, Bob said "Yes." In spite of the fact that everyone else was a University of Cincinnati graduate, Rob wanted to go to Xavier. And he / they did. Rob graduated with both an associate's and bachelor's degree from XU. Everyone at Xavier loved Rob, including Fr. Michael Graham, the University President.

Then Rob shared with his parents that due to his experiences in pastoral care at the hospital, he believed God was calling him into ministry. That meant going to seminary. So, he (and his Dad) did! In 2008, Rob earned a master's degree from Cincinnati Christian University. May I mention how thankful and proud I felt to attend his ordination at Christ's Church at Mason, Ohio? Eventually, the Conners moved on to volunteer at Hospice of Cincinnati as well as a few other places. They have chronicled their story in a soon to be published book simply titled, "Rob."

I've just touched the tip of the iceberg in recounting their inspiring story, but my point is this: When it is in your power to do so, just say "Yes." When you're children, your spouse, your friends, your coworkers – whoever it is – are asking you for something they believe they need, it's so much easier to say "no." "No" doesn't cost you anything and there's no risk to mitigate. Yet, who knows what creativity is squelched and wonderful experiences of growth are missed by defaulting to that one little word. On the other hand, only God knows what will happen when we trust the judgment of people who are convinced of the possibilities we might not see, and if given the support, just might spread "life" all over the place and do a world of good! What say ye?



The StrongBonds schedule of events is available at: WWW.STRONGBONDS.ORG





Family Programs Information



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Family Readiness Support Asst

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648th RSG Vacant

TSC, NISG, HHC Vacant

Family Days – Make them a Success!

Did you know that a Family Day is more than a BBQ or a holiday party? The focus of a Family Day should be training Soldiers and Families on relevant Family Readiness topics. Family Programs recently had the opportunity to speak with many of the Commanders, Command Sergeants Major and First Sergeants at the MIRC Senior Leadership Forum. One of the topics we discussed was Family Days, as this is a challenge for many of our MIRC units. How do we get enough Families involved to have vendor support and briefers that will make it a fun, interactive and informative day?

One way we can reach more Families is by having Regional Family Days. Did you know we have eight (8) MIRC units/companies/detachments within an hour of San Antonio, TX? Or that we have four (4) units/companies/detachments in San Diego, CA and six (6) in Orlando, FL? The point is, by combining events with multiple units, we can have a larger event with more support staff. Family Programs is here to help in coordinating speakers and briefers for your Family Days. If you are interested in hosting a regional Family Day, please contact our office and we can assist in getting you in touch with other units in your area as well as coordinating local resources to support the event.

Another way to get Families involved in Family Days is to offer engaging activities for the youth. Recently Family Programs purchased supplies to create Maker Kits that we can mail out to the units in support of Family Days. The kits have 12 different Science, Technology, Engineering and Mathematics (STEM) type projects and activities for all ages. We also have Child, Youth and School Services (CYSS) specialists who offer a variety of educational and fun activities for youth during Family Days. With the kids actively engaged, parents are then able to meet with vendors and focus on the Family Readiness training.

Please contact the Family Program Coordinator, to receive a Family Programs Support Request Form. This form is required for Family Programs to begin assisting you in coordinating your Family Day or any other Family Readiness training events.

Family Readiness = Soldier Readiness = Mission Readiness



The Heart of the FRG



To continue our goal of educating Families, we would like to share this information on Family Readiness Groups. The Army Reserves Family Programs (ARFP) defines Family Readiness as follows:

"Family Readiness is a training and mutual reinforcement program to promote self-reliance and prepare for periods of separation. Family support relies on the mutual cooperation and networking of Soldiers, their Families and the Chain of Command. In support of the unit, its Soldiers and their mission, concerned individuals produce the following tangible results: a Family Readiness Group (FRG); FRG newsletters; Telephone Tree; and other Family related programs and activities (e.g., outreach communication, FRG meetings, referral assistance, and education).

The FRG includes full-time Soldiers who assist us, BUT it is run by volunteers. Our FRG exists because of people who offer to donate their time and talent, even if only for a couple hours a month. In order to provide our Families and Soldiers with a strong FRG, we need volunteers who are willing to help by contacting Families, planning events, or providing their assistance in other ways.


If you would like to volunteer with the FRG or know someone else who would, please contact your unit's Family Readiness Liaison (FRL) or Family Readiness Support Assistant (FRSA) for more information.





The Soldier's Life Cycle





Have you ever wondered what the colors in the new Army Reserve Family Programs (ARFP) logo stand for? From Soldiers and Families who are new to the military or new to the Army Reserve, to those who are moving forward in civilian life, Army Reserve Family Programs is here to support you at every phase of the Soldier's Life cycle by connecting you to the right resources at the right time

 New to the Army Reserve - Whether new to the Army Family or transitioning from the active component, things have changed and you probably have questions regarding the opportunities, services, and benefits available to you. Army Reserve Family Programs is here to answer your questions and provide you the resources you need. Survivor Outreach Services (SoS) now provides financial counselors to assist with financial planning and budgeting your new income. Additionally, Fort Family Outreach is a 24/7 referral resource who can connect you to the right services at the right time. Also, take this opportunity to start the online Army Family Team Building (AFTB) courses which will help you and your Family acclimate to military life.

 New to the Unit - Transitioning to your new unit can be challenging and exciting. Your unit will become part of your support structure and your connection to the Army Reserve. When you arrive to the unit, please ensure you contact your local Family Programs Team to update your family information and new contact information. Getting involved with your Family Readiness Group (FRG) will provide invaluable information on unit activities and will serve as your link between the Command and the Families. Family Programs also has outreach and support staff that can assist in connecting you to local resources. Remember, Fort Family Outreach & the Army Strong Community Center (ASCC) can provide support no matter where you're located. Reading military and community newspapers will keep you informed on local activities available to the military community.

 Assuming a Leadership Role - As you assume a leadership role, protecting and informing your Soldiers and Families become a core focus. Army Reserve Family programs works with you to provide relevant and responsive quality-of-life programs and services in support of the Soldiers, Families and DA civilians under your command. It is extremely important for you to re-connect with your Command's Family Programs team once you take on a leadership role, so you will know where to refer your Soldiers should a problem arise. Additionally, this is a great time to continue AFTB on-line classes, level 3 focuses on leadership skills.

 Mobilization/Sustainment/Reunion - When a Soldier is mobilized, deployed, or reintegrated, emotions can be overwhelming for both the Soldiers and their Families. Know that you are not alone! Army Reserve Family Programs is here to assist and support you throughout the Soldier's Life Cycle, helping everyone build stronger relationships and remain connected to the Army Reserve Family. SOS Financial Counselors can provide support and services related to financial stability and investment as your financial situation changes through this phase of the Soldier's life cycle. Child Youth and School Services (CYSS) specialists are available to provide support and resources to help children and their parents deal with separation. And remember, Fort Family Outreach is your one stop shop for live support and resources 24/7.

 Transition ETS, PCS, Retirement or Wounded Warrior - Transitioning out of the Army Reserve into civilian life presents its own set of challenges. Questions about support services, retirement options, healthcare, and job training skills will need to be addressed. Army Reserve Family Programs Outreach and Support staff is here to provide connections and resources to ease your transition. As you transition, you can always stay connected with the Army Reserve by using your experience and knowledge as a volunteer. Additionally, the Family Programs Team can refer you to financial and employment services that can assist you with any challenges associated with your transition.

Soldier's can order their own Life Cycle Kit from the ARFP Warehouse at <http://www.arfp.org/>

Army Reserve Child, Youth & School Services

<https://www.arfp.org/cyss>



The beginning of the school year is marked by Back to School/ Parent Night/Open House. Attendance at these events, allow parents the opportunity to meet the child's teacher, faculty, and explore classroom and school which can be both exciting yet stressful; there are some simple tips to keep everything going smoothly.

- First, be prepared. Take a small notebook, a folder, and something to write with. The notebook will allow you to jot down notes about the teacher, reminders, or questions that come up during the event that you will want to address at a later time. The folder will allow you to neatly keep all of the handouts. If you have more than one child attending, having a folder for each child will help you stay organized.

- Arrive early if possible. Back to School Nights are very informative social events. These events are especially important for Military Families to attend if parents are new to an area. Should you not be available to attend, ask a family member or friend to go on your behalf? Family Members fill voids during deployments and PCS moves. Family Members can volunteer at your child's school to ensure a smooth back to school transition. These Family Members play integral roles in the lives of Military children. In addition, Military Family Members can become a part of a Family Readiness Group (FRG) and become statutory volunteers with Family Programs. For more information on becoming a statutory volunteer contact the Command's Family Programs Office.

- Next, you and your child will feel less stress if you are able to make your way around the school at a leisurely pace during Back to School/Open House night. Although you will be able to speak to the teachers and assistants briefly, there will be many other families trying to do the same. If you would like a more in depth meeting, request a parent-teacher conference at a more convenient time. Having a conference at the beginning of the year also allows you to build a rapport with the teacher before the ups and downs of the school year take hold.

- Many times a conference is a better way for you and your child's teacher to be heard and understood. By setting aside a conference time, your child's teacher can be better prepared to listen without interruptions, discuss your needs, concerns, or questions more fully, and take more detailed notes on information that will assist him/her with your family and your child. It will also allow you time to gather information that you need to feel more comfortable with questions and concerns that you had prior to the beginning of the school year.

- Aside from during school, promote literacy at home and during school breaks with youth by encouraging reading of books and discussing characters and events. In addition, take trips to the local library and encourage journaling. Extended Family Members can accompany youth on trips to the library to help select books of interest. In addition, reach out to your Child, Youth, & School Services (CYSS) School Services Specialist for a list of ways to enhance literacy with youth throughout the school year.

- Lastly, seek out and familiarize yourself with school staff. During the school year you will need to contact school staff members as issues arise. If you do not have the opportunity at the Open House or Parent's Night to meet these individuals you can visit the school website or look in the school handbook to get their names, contact numbers, and email addresses.

- Remember, you are your child's greatest advocate. Reach out to school personnel and contact a Military School Liaison Officer if there are questions and concerns. In addition, feel free to contact your assigned Child, Youth, & School Services (CYSS) staff member.



Army Reserve CYSS Partners & Resources

Child Care Aware® of America is working with the U.S. Military Services to help those who serve in the military find and afford child care that suits their unique needs. Through the fee assistance program, families are eligible to receive monthly fee assistance to help offset the cost of child care in their communities. For more information visit, <http://www.naccrra.org/military-families>. Army Fee Assistance will be transferring to General Services Administration (GSA) 1 Oct 2014. For up to date information on the transition, please visit: www.armyfeeassistancenaccrra.org/

Army Respite Care The Army Respite Child Care will provide the family between 8 to 16 hours of hourly child care each month for each of the eligible children. Parents can use this time to run errands, attend appointments, or just take some well-deserved time out for themselves. The Army recognizes the challenges and extraordinary stress the parents and their families may be experiencing, and wants to help support them in meeting their unique child care needs. Eligibility: Deployed; Temporary Change of Station; Unaccompanied Permanent Change of Station; Temporary Duty; Wounded, Ill or Injured Status; Survivors of Fallen Warriors.

Boys and Girls Clubs of America's (BGCA) is a network of safe, neighborhood-based facilities, for children/teens to come together. Visit: www.bgca.org

Military Kids Connect (MKC) is an online community of military children (ages 6-17 yr old) that provides access to age-appropriate resources to support children from pre-deployment, through a parent's or caregiver's return. Visit: www.militarykidsconnect.org

Military Mentoring: Operation Bigs- is a new mentoring program created by Big Brothers Big Sisters that is specifically for military kids. The Big Brothers Big Sisters MMP supports children of the deployed and non-deployed, children of the fallen and children of the wounded and disabled. The program serves children of veterans at selected locations. The MMP also engages Active Duty, Reserve or Retired/Separated Military personnel, as well as civilians as volunteer mentors. Visit: www.bbbs.org

Operation: Military Kids (OMK) - provides support and resources to military youth before, during, and after parents are deployed. Visit: www.operationmilitarykids.org

Sittercity Welcomes Military Families- Sittercity membership at no cost for military families and offer access to a database of local babysitters, nannies, pet sitters, elder caregivers, etc. Memberships are funded by the DoD to help you find local sitters and military subsidized child care providers, and are available to Army, Marines, Navy and Air Force families, including Active Duty, Re-serve, and Guard. Activate your membership today! Visit: www.sittercity.com/dod

Military Child Education Coalition (MCEC) - is a non-profit organization focusing on academic and school-related needs of military-connected youth. Visit: www.militarychild.org

SOAR- is designed for military families, and is easily accessible worldwide. Students take an assessment aligned to state standards, and SOAR directs them to individualized tutorials to improve skills where needed. Visit: <http://www.soarathome.org/> or www.militaryimpactedschoolsassociation.org

Tutor.com for U.S. Military Families - Get help from a professional tutor anytime you need it. FREE for Active Duty, National Guard and Reserve members in the Army, Marines, Navy or Air Force and their dependents. Tutors are online 24/7 and available to help in more than 16 subjects. Visit: www.tutor.com/military



Halloween: Will your family get treats? Or get tricked?



by Karol Williams, School Services Specialist

Most people think of Halloween as a fun time with parties, costumes, and treats. While many people have valid concerns about razor blades in apples and poisoned candy, there is a much more dangerous threat...motor vehicle accidents. More children ages 5-14 are killed in motor vehicle on Halloween than any other evening of the year according to the National Safety Council. Children may lack the physical ability to cross a street quickly, and their small size limits their visibility to drivers. Children often choose the shortest rather than the safest route across streets. More than 70 percent of child pedestrian fatalities occur away from intersections and crosswalks, so children should cross streets at the corner, using crosswalks when available, and avoid crossing between parked cars. Using flashlights helps to see--- and be seen---along with the use of reflective tape on costumes and bags.

The American Academy of Pediatrics, the Centers for Disease Control and Prevention, and the National Safety Council have teamed up to help families enjoy this festive time of year. Costumes should be short enough to prevent children from tripping and falling. Shoes should be sturdy and comfortable for walking, but also capable of running during an emergency. Check to be sure costumes are flame resistant. Although these items may still catch fire, they resist burning and are easier to extinguish. Costumes with big, baggy sleeves or skirts may catch fire from candles or jack-o-lanterns. Consider using face paint instead of masks. Masks can obstruct a child's vision. If a mask is used, check the eye holes to make sure the child can see cars or people coming up beside them. Cut the eye holes in the masks to make them larger if necessary. Always test face paint or cosmetics in a small area first. Even if there is no adverse reaction, remove before bedtime to prevent possible skin and eye irritation. Keep eyes safe by not wearing decorative contact lenses (<http://www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/HomeHealthandConsumer/ConsumerProducts/ContactLenses/>).

It's more important than usual to be aware of one's surroundings on Halloween. Children should go only to well-lit houses in a familiar neighborhood. Parents or a trusted adult should accompany children to the front door. Haunted houses should be set up in yards or garages and not inside the house. Children should never go into someone's house unless accompanied by parents (www.missingkids.com/families). Youth should always bring home their candy and toys to be inspected for tears in the wrappers, tiny pinholes, or unusual appearance or discoloration which may indicate tampering (www.fda.gov/Food/ResourcesForYou/Consumers). To discourage kids from snacking before getting home, feed them a healthy snack or light meal before they head out.

Teens enjoy attending Halloween parties, and with Halloween being on a Friday this year, there will be more parties than usual. It's important to talk with teens about the dangers of alcohol and other drugs that may be prevalent at the party. Alcohol is the number one drug of choice for teens (www.ncpc.org). Encourage teens to agree with their friends that they will help each other avoid alcohol and drugs. Leave parties where others are drinking. Teens should never ride with someone who has been drinking. Teach them to call parents, another trusted adult, or even a taxi. It is unfortunately too easy for people to put alcohol or drugs in any drink. If a drink has to be put down for any reason, leave that drink and get a new one. Never accept a drink from someone you don't know. If the drink tastes strange, throw it out and get another one. Halloween theme foods and drinks are very easy to drug because they are often strange colors and may have flavors that hide the taste of drugs.

Halloween can be a fun-filled holiday the entire family can enjoy! Stay safe...enjoy the treats...and don't be tricked!

Additional Resources

HEALTH CARE

Tricare - www.tricare.mil – Healthcare program for Uniformed Service members, retirees and their families worldwide.

Met Life - www.metlife.com/dental - Offering the Tricare Dental Program to Army Reserve members and their families.

EMPLOYMENT

Veterans Employment Center (VEC) (<https://www.ebenefits.va.gov/ebenefits/jobs>) Hero2Hired (H2H.jobs) has transitioned its online capabilities to the Department of Veterans Affairs (VA) Veterans Employment Center. Each State, Territory and the District of Columbia has an H2H Employment Coordinator assigned who can assist with VEC enrollment and local employment resources.

Joining Forces- www.whitehouse.gov/joiningforces -Joining Forces is dedicated to connecting our servicemen and women, veterans and military spouses with resources they need to find jobs at home.

Employer Support of the Guard and Reserve ESGR- www.esgr.mil – A DOD agency that seeks to promote a culture in which all American employers support and value military service of their employees. Increasing awareness of the law resolving conflict through mediation and recognizing outstanding support.

GENERAL INFORMATION

Fort Family Outreach- www.arfp.org. Or call 1-866-345-8248 - Fort Family is a resource designed to provide resources to Soldiers and their Families ranging from help finding jobs to housing and financial resources or just simple information and referral services.

Military One Source- www.militaryonesource.com Military OneSource supports every phase of military life including deployment, parenting, financial management, education, child care, spouse employment, moving, and much more, 24/7.

Army One Source - www.myarmyonesource.com - Healthy Families make strong Soldiers. Strong Soldiers make a successful Army and that's what Army OneSource is all about.

ARMY STRONG COMMUNITY CENTER—One stop resource and assistance centers designed to connect Soldiers, Families and communities. For more information visit: www.arfp.org.

This newsletter is distributed periodically and contains official and unofficial information published in support of the Military Intelligence Readiness Command Family Programs activities. Its contents do not necessarily reflect the official view of the Department of the Army or this command.